

Abstract

Title: Decathlon performance development

Objectives: The aim of this thesis was the evaluation of the performance development in combined events during the period of 2009-2016 based on the results of world competitions and variability of the point structure of the individual decathlon. For these purposes were used data from world competitions that were afterwards compared in the way of winning performances and other athletes.

Methods: In this thesis was used the method of comparison and analysis of the best performances with the averages of the performance values of the first five best decathletes.

Results: The results of this work concluded that the development of performance in the monitored period did not change significantly. As in previous years, athletes with outstanding sprinter-jumping results dominate in combined events, without obvious point losses in throwing disciplines. The development of performance was significantly influenced by Ashton Eaton and Trey Hardee, whose performance exceeded 8700 points. From the individual performance development of American decathlon athletes, Ashton Eaton confirmed the high efficiency of his best performance progress during the followed period. The difference in point scoring between the winners and other athletes were similar that showed high evenness of competitors. Finally, it has been found out that the ranking of individual disciplines decathlon according to the highest point contribution on the total is in the following order: 1. 110 m hurdles; 2. long jump; 3. pole vault; 4. 100 m; 5. 400 m; 6. high jump; 7. discus throw; 8. javelin throw; 9. shot put; 10. 1500 m.

Keywords: Athletics, decathlon, performance, development